

How to Find “Yoga for YOU”



How Do I Find a Yoga Class?

Search “Yoga in _____” to locate a studio, County rec center, or health club.

Which Class is Right For Me?

Read the class descriptions. Health club yoga tends to be more aerobic.

Recreation centers are much less expensive.

You may want a “Gentle Yoga” or Level 1 yoga class.

These classes are suited for beginners. Easy poses and breathwork.

Please send the next page for more on class styles.

What about My Concerns?

Talk to the teacher before class. For example, it is fine to let the teacher know that you do not want any adjustments. Some teachers will walk around the room and adjust students. Before class, just say, “I wanted to let you know that I prefer not to have any adjustments.” They know that means not to touch you. This comment isn’t unusual at all, so don’t feel uncomfortable saying it.

Am I ever Stuck in a Class?

No, you are never stuck. If, for whatever reason, you are not finding the class to be a good fit, you can leave! People do it. You don’t have to explain, just get up and leave quietly. You are in control.

Do I Need to go to a Class?

Going to a class can be a positive way to practice. You have set aside the time and you have the support of a group. Try several classes – every teacher has different things to offer.

What Can I Expect?

Your feelings may come to the surface after a yoga practice. It’s part of the releasing of tension in the body. Experiencing feelings in the body and the mind can be a sign of a good practice.

Other options:

Try it at home with some friends or take just a few minutes to do some by yourself.

1. Much yoga is available on-line. Just search “Gentle yoga” or “Intro Yoga”. You will know after 2-minutes if you like the style of yoga. Keep looking – there is so much from which to choose.
2. You can also get DVDs from the library – again, you will know after 2-minutes if you like the DVD or not. So check out a stack to try.
3. Try yoga with your kids – young children love yoga and many teens enjoy it too.

Please email me if you have any questions! I would love to help you find more yoga.

EVEN 5-MINUTES OF YOGA CAN HELP!

FREE yoga breaks for all ages at greentreeyoga.org FREE Link

Additional Information on “Yoga for YOU”



How can body-based yoga for trauma help me?

1. Reconnect with your body.
2. Learn to tolerate your body sensations without getting triggered by discomfort.
3. Practice self-regulating using the breath to manage stress and pain.
4. Improve your outlook on life as you feel more in control of your body and of your emotions.

What are the different types of yoga?

There are many types of yoga, which is a wonderful opportunity to find a yoga class that meets your yoga needs both now and later as things in your life change. **Choose carefully.**

If you want more information on a style of yoga, you can do a search a read more.

But here are some ideas:

1. Recommended for beginners for trauma-sensitive yoga.

“Gentle Yoga” or Level 1 yoga: suited for beginners. Easy poses and breathwork.

These intro classes are usually Hatha or Anusara style (both body/breath based)

2. Restorative Yoga: usually lying down poses, each about 5 to 10 minutes of quiet, which may be agitating to some trauma survivors who need to reconnect with the body through movement and focusing on the breath.

3. Power, Level 2, Ashtanga, Forrest: assumes you know how to do yoga and are strong so that you don't get hurt. It may be a style to work toward as it can be energizing and strengthening – both of which can help heal trauma.

4. Bikram or Hot Yoga: done in a very hot room so know that people are sweaty and wearing very little clothing (tight shorts, men many be shirtless). The flow moves quickly and is a specific sequence of power yoga poses. It is highly regimented.

5. Yin Yoga: In this style, deep stretches are held for 3 to 5 minutes. There are some who feel this length of time in a stretch can be unhealthy for the joints. There may be periods of silence, which can be unsettling to those with trauma issues.

6. There are many other types – aerial, vinyasana, parayoga – again, just search the type and read about it to see if it's a good fit for you now.

Note: If you want to read more about healing trauma, we have gotten much positive feedback from people in our yoga for trauma classes about “The Body Keeps the Score” by Bessel van der Kolk, MD. There is an entire chapter on yoga and trauma. This book can help you understand more about the brain and the body in the healing process.